

## **Sample Nutrition Policies for CACFP**

### **Meals**

- Drinking Water is available at all times for self-service, indoors and outdoors
- ½ cup of 100% Juice is offered no more than three times a week and not at all to children under 12 months
- Only 1% milk or less is served to children age 2 and older
- Food preparation methods will be used to decrease fat, calories, and sodium whenever possible
- Food service is encouraged to serve fresh fruits and a variety of vegetables
- Food service is encouraged to serve legumes
- Food service is encouraged to serve whole grains in a variety of forms
- Food service is encouraged to serve a variety of proteins
- Food service is encouraged to serve low fat and non-fat dairy foods
- Vending machines are not located in areas that children have access to
- A cycle menu of three weeks or longer that changes with seasons is used. Entrees are repeated no more than two times throughout the cycle, and repetition of other food items is minimal
- Menus include foods from a variety of cultures
- Breastfeeding is encouraged and supported for infants of breastfeeding mothers. If a mother wishes to breastfeed exclusively, the program will make every effort to provide breast milk to the child and supplement only when breast milk is gone.
- Special dietary needs of children will be considered when planning meals
- Menus will be shared with parents/guardians
- Professional development/training will be provided to food service staff on food safety and healthy cooking practices annually

### **Breastfeeding**

- Breastfeeding mothers, including employees, shall be provided a private and sanitary place to breastfeed their babies or express milk. This area provides an electrical outlet, comfortable chair, and nearby access to running water.
- Breastfeeding mothers and employees may store their expressed breast milk in the center refrigerator. Mothers should provide their own containers, clearly labeled with name and date. The center will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control in ensuring that breast milk is properly treated to avoid waste. Universal precautions are not required in handling human milk.
- The childcare center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evening, and holding off giving a bottle, if possible, when mom is due to arrive.
- All childcare center staff will be trained in the proper storage and handling of human milk, as well as ways to support breastfeeding mothers.

- Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breast milk for their children.
- The center will provide information on breastfeeding, including the names of area resources should questions or problems arise. In addition, positive promotion of breastfeeding will be on display in the center.

### Environment

- Staff members allow children to decide how much to eat
- Staff members encourage children to try new or less favorite foods but never force them to try new foods or to eat something they do not like
- Staff members never use food to reward good behavior or withhold it for bad behavior
- Staff members join children at the table for meals and snacks
- Staff members consume the same food and drinks as children when children are present
- Meals are served family style
- The child care facility displays pictures or posters that support healthy eating
- Students will have convenient access to hand washing before each meal

### Parties/Celebrations

- Guidelines for foods that are aligned with the Dietary Guidelines for Americans will be established and reviewed on an annual basis.
- Parents/guardians will be provided with party/celebration guidelines
- Parties/celebrations will focus on activities rather than food

### Fundraising

- The sale of non-food items for fundraisers will be promoted
- If food items are sold as fundraisers, they will promote healthy eating and wellness

Policies Adapted from the following resources:

1. Missouri Dept. of Health and Senior Services' *Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings*
2. Altarum Institute's *Environmental Scan of Physical Activity Practices and Resources in Washington, DC Child Care Centers*
3. Nemours Health and Prevention Services' *Best Practices for Healthy Eating: A Guide To Help Children Grow Up Healthy*
4. Indiana State Department of Health's *Indiana Model School Wellness Policy on Physical Activity and Nutrition*
5. Indiana Perinatal Network's *We Care for Breastfed Babies: Sample Breastfeeding Policy in Child Care Settings*